

**TRUST THE
WATER**

After all, water is the main component of the human body, and is an essential element of all the body cells.

GLASS

It may even seem too simple to be true, but drinking the proper amount of water (35 ml/kg a day) may be the balance you are missing.

**MARCH 22
WORLD
WATER DAY**

It plays a regulating role in many functions, from temperature control to improving nutrient transport, the intestines, and much more.



Visit dorconsultoria.com.br/confianocopo and learn about all the benefits of good hydration.

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